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# News Release

**FOR IMMEDIATE RELEASE:**  
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## **VA Black Hills to Host PCT Women's Retreat**

The specialized Post Traumatic Stress Disorder Outpatient Treatment Program (PCT) of the Department of Veterans Affairs (VA) Black Hills Health Care System is hosting its semi-annual women's retreat April 27, 28, 29, 2012. The retreat will be held at the Fort Meade Campus, two miles east of Sturgis.

The PCT staff takes a holistic approach to veteran's treatment and addresses psychological, physical, social and spiritual issues related to Post Traumatic Stress Disorder (PTSD). The semi-annual women's retreats were developed as part of the VA's rural health care initiative, "serving the under-served".

The semi-annual weekend retreat, beginning at 12pm on April 27<sup>th</sup>, is for women Veterans of all eras diagnosed with PTSD and family members (wives, significant others, mothers, adult daughters, etc) of male Veterans diagnosed with PTSD. The weekend retreats offer a condensed psycho educational, experiential format that educates participants of the debilitating symptoms of PTSD, effects on the family, with a particular emphasis on developing healthier coping strategies and increasing one's social support network.

"The PCT Women's Retreat in its 18<sup>th</sup> year, seeks to help participants examine some of the basic questions in their lives," said Cathy Edler, Addiction Therapist for the PCT Program and Retreat Coordinator. "The volunteer facilitators and participants build a community of people who are willing to take time to support each other. The retreat does not have your answers, but will provide the time, place and personal support for you to search within yourself."

The Disabled American Veterans Charitable Trust (DAV) has graciously bestowed a yearly grant for the retreat program. This funding helps to cover meals and lodging expenses for all eligible participants.

- Participants are responsible for all transportation costs. Should you not be able to afford transportation costs, "Air compassion for Veteran's" program may be able to assist. To apply for assistance Call their Operations Team: 888-662-6794 or Email the Operations Team at : [ops@aircompassionforveterans.org](mailto:ops@aircompassionforveterans.org)

Seating is limited to 35 participants and is on a first come, first served basis. Participants must be screened and pre-register by phoning the PCT Program at 720-7449 or 1-800-743-1070, extension 7449.

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